

FROM THE DENTIST

My goodness is the weather all of a sudden changing. The summer clothes are all put away. The mitts and hats are out of storage and we are preparing for winter. I think I miss summer already.

With the fall comes Halloween. It is a fun time for children and a headache for adults. We worry about the candy they will eat. What will it do to their teeth? Should we space the candy out or let them have it all? What is a parent to do?

My philosophy is to allow them access to the candy the first week. When it no longer becomes the forbidden fruit you may find the children's interest in the candy will quickly disappear. During the time they have access to that candy make sure flossing and brushing are occurring frequently. Nothing replaces brushing and flossing to prevent decay from occurring. It is a simple cost effective way to significantly reduce your risk of decay. I would encourage you to try to get rid of the candy in the second week and Halloween will be over.

So let the little goblins enjoy their night out. I have very fond memories of my trick or treating days. As parents monitor their oral hygiene closely, you should be able to reduce the risk of your children getting decay directly related to their Halloween candy consumption.

Judith

Do I Really Need to Floss?

Taken from www.knowyourteeth.com

Yes. Floss removes plaque and debris that sticks to teeth and gums in between teeth, polishes tooth surfaces, and controls bad breath. Plaque is a sticky layer of material containing bacteria that accumulates on teeth, including places where toothbrushes can't reach. This can lead to gum disease. By flossing your teeth daily, you increase the chance of keeping them for a lifetime and decrease the chance of getting gum disease.

Flossing is the single most important weapon against plaque, perhaps more important than the toothbrush. A toothbrush cleans the tops and sides of your teeth. Dental floss cleans between them.

How should I floss?

There are two flossing methods: the spool method and the loop

method. The spool method is suited for those with manual dexterity. Take an 18-inch piece of floss and wind the bulk of the floss lightly around the middle finger. (Don't cut off your finger's circulation!) Wind the rest of the floss similarly around the same finger of the opposite hand. This finger takes up the floss as it becomes soiled or frayed. Maneuver the floss between teeth with your index fingers and thumbs. Don't pull it down hard against your gums or you will hurt them. Don't rub it side to side as if you're shining shoes. Bring the floss up and down several times, forming a "C" shape around the tooth and being sure to go below the gumline.

The loop method is suited for children or adults with less nimble hands, poor muscular coordination or arthritis. Take an 18-inch piece of floss and make it into a circle. Tie it securely with three knots. Place all of the fingers, except the thumb, within the loop. Use your index fingers to guide the floss through the lower teeth, and use your thumbs to guide the floss through the upper teeth, going below the gumline and forming a "C" on the side of the tooth.

How often should I floss?

At least once a day, for at least two or three minutes.

Introducing Sonicare's New Electronic Flosser

Philips Sonicare has just introduced AirFloss-an easier way to clean between teeth. With microburst technology it delivers a quick burst of air and microdroplets of water or mouth rinse that reach deep between teeth to gently and easily remove interproximal plaque. Ask us today about this new great product to help improve your oral health!

News Around The Office

We had a great summer BBQ with Dr. Rempel who was here in Peterborough for a visit with his new wife Juliana. It was such a pleasure to meet her and we have all missed Dr. Rempel very much. He now is happy practicing in Calgary, AB, but misses Peterborough!



We wanted to invite you all to please check out our newly launched web site at

www.judithbuysdentistry.com

Keep Teeth Away From Harm at Halloween

Taken from www.knowyourteeth.com

More than 90 percent of children will go trick or treating this year and return home with bags full of sugary candy that can turn anyone's mouth into a nightmare. By taking a few preventive steps, however, your children can enjoy Halloween without harming their teeth.

Since sugar-free gum is one treat that actually helps prevent cavities, it is a smart choice to drop in Halloween bags this year. Parents can also give it to their children to help neutralize the effects of sugary snacks after eating. Chewing sugar-free gum containing the artificial sweeteners sorbitol and xylitol reduces cavities. The chewing motion stimulates the flow of saliva, which helps cleanse the teeth. Sweets are especially harmful, since damaging acids form in the mouth every time you eat a sugary snack and continue to affect the teeth for at least 20 minutes before they are neutralized. The sweetening agents in sugarless gum are effective in combating the bacteria in plaque and fighting the acid that eats away at enamel.

Certain foods such as sweets and soda are easily linked to tooth decay, however all foods can promote tooth decay if eaten in excess. The key is to teach kids to eat in moderation and make sure that they take proper care of their teeth. "While healthy alternatives to candy, such as fruit and nuts, are great, these foods are sticky and can get caught in the pits and grooves of teeth, causing decay," says Academy of General Dentistry spokesperson Julie Barna, DMD, MAGD. "Reading nutrition labels and being sensible about the foods you and your children eat on a daily basis helps promote good oral and overall health." Children should also brush three times a day for two minutes and rinse with a fluoridated mouth rinse.



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Hours: Monday-Wednesday 7:30 am-5:00 pm, Thursday-Friday 8:00 am-5:00 pm

NEW PATIENTS WELCOME